



Serves: 4

Jamaican Jerk Chicken

Ingredients

- Salt 1 tsp
- All spice powder 2 tsp
- Ground thyme 1 tsp
- Onion powder 1 tsp
- Garlic powder 1 tsp
- Nutmeg ½ tsp
- Black pepper 1½ tsp
- Canola oil 5 tsp
- Chicken breast, skinless 800g

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Mix all spices and salt in a bowl. Add oil and mix to form a paste.
- Rub seasoning over chicken breast and marinate for at least 2 hours or overnight.
- On a grill, cook each portion of marinated chicken for 2 minutes on each side.
- Transfer to a rack and continue to cook in a pre-heated oven at 190°C for 6 minutes or until cooked.
- Serve with vegetable side dish or salad.

Nutrition Information (Per Serving):

Energy (1 kcal = 4.2kJ) 274kcal

Protein 46.5g

Total fat (g and % of total calories)

7.4g (25.4%)

Saturated fat 1.0g

Cholesterol 116mg

Carbohydrate 2.6g

Dietary Fibre 0.8g

Sodium 616mg